

HEALTH ISSUES

First Aid

CHILDHOOD ASPHYXIATION BY FOOD

A nationwide study indicates that every 5 days a child dies of asphyxiation (inability to breathe) by food in the United States. Data on food-related asphyxiation of infants and children age 0 to 9 years in 41 states from 1979-1981 showed that more than 40 percent of 109 deaths reported were caused by 4 foods - - HOT DOGS, CANDY, NUTS and GRAPES. The types of foods causing asphyxiation varied with age.

In the age group less than 12 months, hot dogs, apple pieces, and cookies or biscuits caused half the deaths. By age 1, other meat products and carrots were added to the list.

At 2 years of age, peanuts and grapes were identified as important foods contributing to asphyxiation. Hot dog related deaths increased (7 of 10 cases) by 3 years of age.

After 4 years, the number of deaths from asphyxiation by food decreased from earlier years.

Prevention of food asphyxiation in children might be accomplished by:

1. Matching the child's ability to chew and competence at feeding themselves with the foods offered and amount of parental supervision required.
2. Familiarity and use of correct rescue attempts.
3. Limiting distractions during eating.
4. Consideration of food characteristics that increase risk (especially in children less than 4 years): round or cylinder.
5. Voluntary product modifications by industry, i.e., changes in lollipop design or if product modification is impossible, warning labels added to the package.

The important thing to remember, is that no matter the age, choking on food can happen to anyone.

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First-Aid Health and Safety Assessment

Complete the answers as to what you should do in the following situations before any outside help arrives:

1. The best treatment for a minor burn is:

2. Avoid using greasy salves on fresh burns because:

3. If a child's clothes catch fire, you should:

4. If the house is on fire, the first thing you should do is:

5. If you are calling to report a fire, you should not hang up until:

6. If a child gets a minor nosebleed, you should:

7. If a heavy nosebleed continues, you can help by:

8. The best treatment for a minor cut is:

9. You can help to control bleeding from a deep cut by:

10. The best thing to do during an earthquake is:

First-Aid Health and Safety Assessment (Continued)

11. If a child falls and gets a hard blow on his or her head while you are responsible for the child, the accident must be reported to the teacher and/or the parents because:

12. If a child falls and is lying on the ground, you should:

13. If a child swallows poison, the first thing you should do is:

14. You can help dilute the poison by:

15. The victim should not vomit if he or she has swallowed something containing: _____, 16 _____ and 17 _____.

18. You can help a child vomit by _____ or 19 _____.

20. An effective new method for helping a choking victim is the Heimlich Maneuver. Explain this procedure:

Administering artificial resuscitation (breathing) may be necessary for victims of electric shock or drowning.

21. Immediate action is necessary to avoid brain damage or:

22. What do you do to the victim's chin?

23. What do you do to his or her nose?

24. What do you do concerning his or her stomach?

First-Aid Health and Safety Assessment (Continued)

25. An infant (under two years old) requires how many breaths per minute?

26. How many breaths per minute is required by an adult?

27. What is a fairly accurate method of counting seconds without a watch?

28. How long should you keep up your breathing if a child does not respond?

Bee stings require special care.

29. Why are bee stings dangerous for some people?

30. When removing a stinger, remember to avoid:

31. You can soothe the site of the sting by:

32. Observe the child for signs of trouble (an emergency situation needing immediate attention), such as _____, 33. _____, 34. _____.

Never leave a child alone in the bathtub. Three main dangers are:

35. _____

36. _____

37. _____

First-Aid Health and Safety Assessment (Continued)

The kitchen can be a dangerous place for small children. Accidents can be avoided by:

38. _____ 39. _____

40. _____ 41. _____

42. _____ 43. _____

Automobile accidents are the most frequent cause of accidental death in children. Four ways you can help lower the toll are:

44. _____ 45. _____

46. _____ 47. _____

Preventing or anticipating trouble is the most important safety rule when you are responsible for caring for children. Name three ways this rule can be carried out in the play yard at the nursery school.

48. _____

49. _____

50. _____

51. Where can you find the most convenient and readily available first-aid information?

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Key

Teacher Notes

1. Use cold water.
2. Salves may have to be cleaned off. Salves hold in the heat.
3. Roll the child on ground with coat, rug, or blanket to cut off oxygen to the fire.
4. Get everyone out of house or school; then call the fire department.
5. Do not hang up until the fire department operator hangs up.
6. Keep the child calm. Have the child sit down, and pinch the nose for up to 15 minutes while keeping the head elevated.
7. If the nose continues to bleed, make a wick of gauze or cloth (do not use cotton balls) and insert into the nostril. Pinch the nose to apply pressure. Keep the head elevated or tipped slightly forward. If the nose continues to bleed for longer than 20 minutes, the individual may need medical attention.
8. Wash the cut with soap, and use a bandage.
9. Press with the heel of the hand over the cut. If clean bandages or cloth are available immediately, you may press with them. With serious bleeding, speed is important.
10. Read the directions for your school. The general rule is to duck under cover and then leave the building.
11. Concussions sometimes show up later.
12. Do not pick the child up. Step back a few steps and say, "Come over and let me help you." If he or she cannot, leave the child there and get help.
13. Find the container. Call the poison center or doctor. Take the container with you. Time is important. Don't take too long to look for the container.
14. Use milk or water.

First-Aid Health and Safety Assessment Key (Continued)

15. Acid. It burns on the way down and up.
16. Alkali. It burns on the way down and up.
17. Petroleum products. They get in the lungs on the way up.
18. Ipecac syrup.
19. Put your finger down the child's throat (touch the palate to make the child gag); use raw egg or salt water.
20. While standing behind or to the side of the conscious victim, support the victim with one hand on the victim's chest, with the victim's head lowered. With your free hand, give four sharp blows between the shoulder blades. If unsuccessful, use the Heimlich maneuver. Stand behind the victim and circle your arms around the victim's middle just above the navel. Clasp your hands together in a doubled fist and quickly thrust it in and up several times. Repeat this action several times to dislodge the trapped object. If this technique is still unsuccessful, repeat it, giving four blows to the back and then four quick thrusts.
21. Death
22. Lift up and back.
23. Cover or hold.
24. Watch as it rises and press air out only if air does not escape freely.
25. Twenty—little puffy breaths (one breath every three seconds). Children over two years require one breath every four seconds or 15 per minute.
26. Twelve—one breath every five seconds or 12 breaths per minute.
27. One—1000 and two—1000.
28. Until you cannot do it anymore, until help comes, or until the child starts breathing.
29. Allergic reactions. More people die of bee stings than snake bites.
30. A stinger is like a turkey baster. If you squeeze it, it injects the remainder of the poison. Brush off the stinger with the thumbnail. Do not remove the stinger with tweezers or the thumb and finger.

First-Aid Health and Safety Assessment Key (Continued)

31. You can soothe the site of the sting best by using ice or cold water. Alcohol or a baking soda solution also is soothing.
- 32, 33, 34. Difficult breathing; dizzy spells; vomiting; pupils of eyes different; sleepy and difficult to wake up (If these signs are present, seek immediate medical attention. Usually the signs of a bee sting are generalized itching and redness.)
- 35, 36, 37. Drowning. Burns. Falls—A child may slip and injure its head.
- 38 - 43 Many possible answers: turning handles on stove inward; supervising children; storing poisonous substances, matches, sharp equipment, small objects, and electrical equipment out of a child's reach or in a locked cupboard (Children's clothes should fit properly so that children do not trip over them or catch them on objects.)
- 44 - 47 Supervise children. Do not allow children in cars alone. Do not drive with a child in your lap. Use seat belts. Use good quality children's seat belts and car seats.
- 48—50. Providing constant supervision; getting children down from high places; picking up hazardous substances; standing near dangerous activities.
51. In the front pages of a telephone book.

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Teacher Note

Handbook for First Aid and Family Emergencies: Donald F. Low, Gordon Industries, New York, NY (A complete up-to-date reference guide for handling all emergencies and to help you treat minor injuries or illnesses until the proper medical assistance arrives.)